



DEPARTMENT OF THE ARMY
HEADQUARTERS BRIGADE
UNITED STATES ARMY NORTH ATLANTIC TREATY ORGANIZATION
Unit 21420
APO AE 09705-1420

REPLY TO
ATTENTION OF

ACDP-POAD

2 October 2006

MEMORANDUM FOR RECORD

SUBJECT: US Army NATO Brigade (USANATO) Policy Letter #26 – Weight Control Program and Suspension of Favorable Personnel Actions for Overweight Soldiers

1. References:

- a. AR 600-9, The Army Weight Control Program, 1 Sep 06.
- b. AR 600-8-2, Suspension of Favorable Personnel Actions (Flags), 23 Dec 04.
- c. AR 635-200, Active Duty Enlisted Administrative Separations, 6 Jun 05.
- d. AR 600-31, Suspension of Favorable Personnel Actions for Military Personnel, 1 Jul 84.

2. Purpose. To establish policy and guidance for implementation of the Army Weight Control Program within the Brigade; to provide guidance to commanders regarding when to initiate a suspension of favorable personnel actions (flag) for Soldiers not in compliance with the Army Weight Control Program and when to remove the suspension of favorable personnel actions once the Soldier is in compliance with the Army Weight Control Program.

3. General. The Army has traditionally fostered a military appearance which is neat and trim. An essential function of day to day effectiveness and combat readiness of the Army is that all personnel are healthy and physically fit. Self discipline to maintain proper weight and high standards of appearance are essential to every Soldier in the Army. Each commissioned officer, warrant officer, and enlisted Soldier is personally responsible for meeting weight standards and presenting a neat personal appearance.

4. Responsibilities.

a. Battalion Commanders.

- (1) Monitor implementation and effectiveness of the units' weight control program.
- (2) Inform the commander on the status of the program.
- (3) Provide guidance and assistance as required.

ACDP-POAD

SUBJECT: US Army NATO Brigade (USANATO) Policy Letter #26 – Weight Control Program and Suspension of Favorable Personnel Actions for Overweight Soldiers

b. Command Sergeant Major.

- (1) Monitor implementation and effectiveness of the units' weight control program.
- (2) Advise the commander on the status of the program.
- (3) Provide guidance and assistance as required.

c. Unit Commanders/First Sergeants.

(1) Implement a weight control identification program to include evaluation of weight and military appearance of all Soldiers assigned or attached to their units IAW this policy and AR 600-9.

(2) Provide education and other motivational programs to encourage Soldiers to maintain proper weight and appearance.

(3) Establish procedures to weigh Soldiers during initial in-processing and monitor height and weight of assigned and attached personnel during semi-annual physical fitness tests.

(4) Ensure Soldiers in the weight control program receive the proper nutritional education from designated health care personnel.

(5) Implement a physical exercise program five days a week as a motivational program to assist Soldiers enrolled in the weight control program to meet Army Standards.

5. Procedures.

a. When the unit commander or first sergeant determines that a Soldier's appearance suggests excessive weight or excessive weight is discovered during routine weigh-ins, the Soldier will be measured for body fat content using the body fat content worksheet (DA Form 5500-R or 5501-R). If the Soldier is in compliance with the standard then no further action is necessary. If the Soldier exceeds their authorized body fat content then the appropriate steps will be taken in accordance with AR 600-9, paragraph 21.

b. The Soldier will be counseled on his or her weight loss goal and advised that unsatisfactory progress could result in discharge from military service.

c. Soldiers who exceed their authorized body fat content will be flagged IAW AR 600-9 and AR 600-8-2 (see para. 7 and 8 below), and as a result:

- (1) Will be considered non-promotable.

ACDP-POAD

SUBJECT: US Army NATO Brigade (USANATO) Policy Letter #26 – Weight Control Program and Suspension of Favorable Personnel Actions for Overweight Soldiers

- (2) Will not be authorized to attend professional military or civilian schooling.
 - (3) Will not be assigned to command or leadership positions.
 - (4) Will not be allowed to reenlist or extend.
- d. Overweight personnel will be required to weigh-in at a minimum of twice a month, using the Weight Control Progress Record, DA Form 5511-R.
- e. Soldiers will be counseled the first time they fail to make satisfactory progress. A Soldier who fails to show satisfactory progress after two consecutive monthly weigh-ins will be referred to the medical facility for evaluation or reevaluation. If there is no medical diagnosis to support failure to reduce weight Soldier may be subsequently subject to separation. Suspension of Favorable personnel actions will be initiated under AR 600-31 for personnel in a weight control program IAW AR 600-31.
- f. No Soldier will be permitted to stay in the weight control program for more than six months without making progress or supporting medical prognosis.
- g. A Soldier who fails to meet weight standards at the end of twelve months and has failed to make satisfactory progress will be notified in writing that separation proceedings are being considered under the provisions of AR 635-200, chapter 18. If no adequate explanation is presented, final separation action will be completed.
- h. Soldiers who make satisfactory progress and meet weight goals within the allotted time will be removed from the weight control program and all privileges restored. Copies of the weight correspondence and record will be forwarded for inclusion in the Soldier's Military Personnel Records Jacket. These will remain in the Soldier's records for 36 months.
- i. A Soldier who exceeds the weight standards within one year from the date of removal from a program will be subject to separation in accordance with AR 600-9, paragraph 21 or AR 635-200, chapter 18, para 18-2. After the twelfth month, but within 36 months, the Soldier will be allowed three months to meet weight standards.
- j. Pregnant Soldiers will meet weight standards within six months after the birth of their child or be subject to separation in accordance with AR 600-9, paragraph 21(k (c)).

6. Reenlistment.

- a. Overweight Soldiers will not be allowed to reenlist or extend.

ACDP-POAD

SUBJECT: US Army NATO Brigade (USANATO) Policy Letter #26 – Weight Control Program and Suspension of Favorable Personnel Actions for Overweight Soldiers

b. The commander exercising General Courts Martial Convening Authority may approve exceptions if the Soldier has a medical condition, which precludes weight loss. The extension will not exceed time required to correct the condition and meet weight standards.

c. A pregnant Soldier, who is otherwise qualified for reenlistment, but who exceeds the acceptable standards of AR 600-9 will be extended for the minimum time which will allow for birth of the child, plus six months.

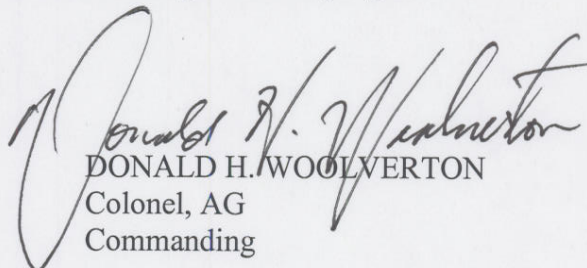
7. Initiating the Suspension (Flagging) for Overweight Soldiers.

a. Soldiers exceeding the body fat standards will be provided weight reduction counseling by health care personnel, entered in a Weight Control Program by the unit commander, and flagged under the provisions of AR 600-8-2 by the unit commander. Enrollment in the Weight Control Program starts on the day that the Soldier is informed by the unit commander that he/she has been entered in a weight control program. The weight reduction counseling can be accomplished prior to or shortly after entry into a program.

b. Suspension of favorable personnel actions (flagging) will be initiated on the same day the Soldier enters the weight control program. When a Soldier has a documented, preexisting medical condition, he or she will be given a medical evaluation prior to initiating a suspension. If no documented, preexisting medical condition exists, no medical evaluation is necessary before suspension is initiated or considered.

c. Commanders will submit a memorandum requesting a suspension of favorable personnel actions and a completed DA Form 268 to the Battalion S1 the same day the Soldier fails to meet the Army standard for body fat content, or the same day the medical evaluation determines there is no underlying medical condition, as applicable.

8. Removing the Suspension. Commanders will submit a memorandum to the Battalion S1 requesting a removal of the suspension of favorable personnel actions on the same day that the Soldier is removed from the Army Weight Control Program. A Soldier will be removed from the weight control program as soon as the body fat standard is achieved. The screening table weight will not be used to remove Soldiers from the weight control program.



DONALD H. WOOLVERTON
Colonel, AG
Commanding

DISTRIBUTION:
B (e)